

Folic Acid Prevents Birth Defects



ALL women of childbearing age should take a multivitamin with 400 mcg of folic acid every day AND focus on eating foods rich in folic acid!

Fortified Cereal,
Flour, Bread,
Rice & Pasta



Peanut Butter
& Beans



Dark Green
Vegetables



Oranges
&
Orange
Juice

